

Board Development- 7 Reality Checkpoints

It's true, not all nonprofit boards are created equal; however, the realities of nonprofit boards can affect the perceptions held by external audiences. And perception can become reality to those who are quick to adopt terms such as "dysfunctional" which can become very harmful to the organization. This article discusses some examples that can contribute to a negative view of a nonprofit and compiled 7 questions from two leading experts that board members might want to ask (answers included in the article!) for reality checkpoints. Questions include:

1. *Another nomination committee meeting? How do we decide how many people are needed for our board at this time?*
2. *Why are board members working on Staff Handbook? Must the board act as the Human Resources Department?*
3. *The Executive Director is great. Why do we need to take her time for an evaluation?*
4. *I am happy to make my expected board donation. Why are boards expected to raise funds?*
5. *These financial discussions are so detailed. Is the board really accountable for finances?*
6. *This place is looking shabby. I'm not sure we should invite funders for onsite visits. While our facility may adequately serve our constituents, is it perceived negatively for its appearance?*
7. *We really need more help. But should we continually rely on volunteers to cover staff gaps?*

To read the entire article, click [here](#).

Grant FAQ

It seems like some of our numbers may be low in VAdata. What are some ways to try to pinpoint exactly what is going on?

VAdata now has a new report that you can utilize. The Summary Report can be run by Staff person and details the information in VAdata for each person by name. With this report you have access to the number of hotline calls, people receiving advocacy, advocacy contacts, community presentations and trainings entered by each person.

Catalyst Awards

In conjunction with the Alliance Retreat in June, outstanding individuals in the field are honored at the **Catalyst Awards dinner**. Please consider nominating someone you know who deserves recognition for the amazing work they do! Nominations are due **April 3**, so there's plenty of time! To nominate someone, click [here](#).

Upcoming Training

March 5, 3:00 - 4:30pm

[Women in the Mirror: Addressing Co-Occurring Mental Health Issues and Trauma in Women with Substance Use Disorders](#)

Women with substance use disorders have alarmingly high rates of co-occurring mental health issues and histories of trauma. Failure to address these issues and their interconnections can lead to significant setbacks in recovery. This session offers current information about effective interventions and strategies for supporting women with co-occurring substance use, trauma, and mental health issues.

March 19th All day (Richmond)

[Crisis Intervention Advocacy](#)

This training explores personal and institutional beliefs about crisis; an empowerment model approach to crisis intervention; communication and response techniques; cultural influences on crisis and crisis response; emotional and safety needs; and problem solving.

March 24

[Building Domestic Violence Program Capacity to Address Reproductive and Sexual Coercion](#)

In this training participants will increase their understanding of reproductive health and sexuality, sexual coercion screening and program best practices, and how to implement successful partnerships with key healthcare providers in their locality.



Resource- STRATEGIES Newsletter: Integrating a Trauma-Informed Response in Violence Against Women and Human Trafficking Prosecutions

The most significant injuries suffered by victims of sexual violence, intimate partner violence, stalking, and human trafficking are often those least visible. This STRATEGIES will describe a trauma-informed approach to responding to these crimes and discuss practices where such an approach has already been incorporated, highlighting areas where continued, additional integration is necessary. This article will also identify gaps in the application of the approach, specifically in reference to other co-occurring, violence against women and human trafficking crimes, and suggest strategies to more effectively integrate trauma-informed investigative and prosecutorial practices. Read the newsletter [here](#).

Resource- DV Evidence Project redesigned website

To help domestic violence programs evaluate their work on their own terms - and with no extra money or time - we have created an [online resource](#) center that houses a great deal of free and accessible resources.

Among other things, [The DV Evidence Project](#) houses a theory of change that programs can use to demonstrate the process through which their services result in long-term benefits for survivors and their children. The site also provides brief summaries of the evidence behind shelters, advocacy, support groups and counseling (demonstrating that programs are engaged in "evidence-based practice"). Finally, [evaluation tools](#) are provided so that programs don't need to re-invent the wheel. These evaluation tools include client surveys, tips for engaging staff in evaluation, strategies for gathering the data in sensitive ways, and protocols for interpreting and using the findings. We hope these resources are helpful to those in the field doing this incredibly important work!

Resource- Crime Victims' Rights Week Resource Guide

The 2015 National Crime Victims' Rights Week Resource Guide is now available! Designed to help communities and victim assistance providers promote awareness of crime victim issues, the Guide includes educational content, campaign materials, artwork, and a theme video. Explore the Guide online, or download all materials for use offline, [here](#). The Guide is produced by the Office for Victims of Crime. For more information, please see their website [here](#).

Self-Care Corner- Forward Stance

Completing report after report, tackling one complex problem after another, it's easy to slip into a pattern of "living" in your head. **Forward Stance** is a mind-body approach to movement building that was created by Norma Wong, a core faculty member of Move to End Violence.

Movement building often has a strong analytical framework that emphasizes thinking and processing—utilizing logic, process, and ideology. Forward Stance brings physical and experiential elements to movement building work and provides a way for individuals to break the habit of staying only "in our heads". It is a mind-body technology, built on the premise that the mind and body are interconnected in ways that allow for physical experience to enhance and shift the ways the mind can understand, absorb, learn, and imagine.

By developing a physical and conceptual understanding of basic Forward Stance principles, we can literally shift the way in which we move in the world. The basics of Forward Stance include principles of stance, energy, awareness, and rhythm.

To read the entire article, click [here](#).

